

The GAO Wellness and Fitness Center invites you to bring a buddy to join you for a workout March 16 - 20!

**Bring a
Buddy!**

Offerings for the week include:

**Monday: Double Step* 11:15am-12:15pm
Group Exercise Studio**

**Tuesday: Shamrock Showdown 20-20-20 11:30am-12:30pm
Group Exercise Studio **Be sure to wear green!****

**Wednesday: Buddy Training Workshop 12:15-12:45pm
Fitness Center Stretching Area**

**Thursday: Nutrition Smarts* Lunch and Learn 12:00-1:00pm
Room 5950A**

**Friday: Buddy Body Shop 12:40-1:25pm
Group Exercise Studio**



Items indicated by an asterisk (*) require registration at screenings.ltwell.com Username: GAO Password: screenings

The GAO Wellness and Fitness Center is located in B-140. For more information about any of the Bring a Buddy week events, please contact the fitness center at 202-512-9890 or via email at fitnessc@gao.gov.